

# AABA NEWSLETTER

Alaska Attachment & Bonding Associates

February/March  
2011

## Raising Cain

### Caring for Troubled Youngsters/Repairing Our Troubled System

As we know from the Bible, Cain was the first emotionally disturbed child. Insanely competitive with his brother Abel, Cain committed the first homicide. For his crime, an indelible mark was placed upon Cain setting him apart from all others. And, as the story goes, he was banished to wander, to drift, alone and marked for life. Wherever Cain went, he was *persona non grata*.

Cain is a metaphor for today's troubled foster and adopted children. These unfortunate youngsters, in a sense, are our modern "Cain"- not in the specifics of his crime, but in their disturbance, wandering, drifting and inability to be part of the family.

Few troubled foster or adoptive children were raised in Paradise. In fact many were brought up in a godless terrain, lacking compassion, direction and love. Their early years were spoiled by premature loss of innocence, by abuse, neglect and sexual exploitation. In some instances, like Cain, these children are marked forever by crimes (e.g. other's crimes) in their past.

Today's foster and adopted children are an imperiled group. Most have endured upheaval, dislocation, and maltreatment which has assailed their sense of security, worth and identity. The size of this group is reaching biblical proportions. Despite efforts to avert out-of-home placement, the number of foster children continues to swell in the United States and Canada. Naturally, this is also true for those special needs children waiting for adoptive homes.

By report of foster and adoptive parents, the children placed in their care arrive with problems so severe, many become unmanageable within the family setting and in the community. These unmanageably disturbed foster and adoptive children frequently wander via "foster care drift" because no one can contain them, reach them, or successfully make them part of a family.

In years past, this troubled group of youngsters would have found itself in psychiatric hospitals, state facilities, or residential treatment centers for a stay of several months up to several years. However, today's troubled youth are more frequently found in foster or adoptive families. While some family placements survive, many falter or fail, once again sending the child to wander.

The massive welfare system overhaul, combined with the quest to manage health care costs, threatens an already jeopardized group-troubled foster and adopted children. In crises, children are hospitalized in psychiatric units, but are quickly medicated and returned to the community without adequate observation and evaluation. Children receiving care in residential or institutional settings are removed after a nominal stay and quickly placed within foster homes without supports in place to ensure successful outcomes. In the interests of cost-cutting, children who would have remained in therapeutic foster home placement are allowed increasingly shorter periods of time to stabilize. If they have not been "cured" in twelve months, for example, they are merely demoted to regular foster care, or, in some  
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• Helping Families Stay Together

**Alaska Attachment & Bonding Associates** depends solely upon yearly support from the community. We are proud to recognize the following individuals, businesses, and organizations for their support through Grants and Donations.



**Lend a helping hand**

**Alaska Attachment & Bonding Associates** is eligible under AS 43.23.062 to receive charitable contributions as designated by PFD applicants on the **2011** electronic Permanent Fund Dividend applications. Program: (Pick. Click. Give.) Please help with our mission **PICK. CLICK. GIVE** to:

**Alaska Attachment & Bonding Associates**



#### **2011**

##### **Diamond: (\$10,000 to \$24,999)**

Alaska Mental Health Trust Authority (2010)  
Mat-Su Health Foundation (2010)

##### **Sapphire Circle:(\$6,000 to \$9,999)**

**Ruby Circle:** (\$2,500 to \$5,999)  
AdoptUsKids (2010)

##### **Emerald Circle: (\$1,000 to \$2,499)**

##### **Platinum Circle:(\$500 to \$999)**

Western Enterprises, Inc.  
Totem Ocean Trailer Express, Inc (2010)  
American Seafoods Company LLC (2010)

##### **Gold Circle:(\$150 to \$499)**

BP America Inc.

##### **Silver Circle:(\$50 to \$149)**

##### **Bronze Circle:(\$25 to \$49)**

##### **Aluminum Circle:(\$1 to \$24)**

##### **In-kind Circle:**

Terrilyn Wamser

#### **Volunteers**

Eleanor Oakley,  
Jim Wardman  
Karen Howes,  
Laura Wagner  
Brittany Blawn  
Joyce Hance  
Carol Rice  
Terrilyn Wamser

#### **Special Thanks to**

*Mr. Howes* for donating his time.  
*Karen Howes* for helping with Pampered Chef Fundraisers.

*And thanks to:* all the Board Members and volunteers.

*And thanks to:* Bingo Mania for using our Gaming permit.



**Workshop: Revised Attachment Disorder 201~**

~Early Childhood trauma and the Developing Brain

~Out of Control Children

New information and video

Time: April 23, 2011

Place: 101 W. Swanson Ave, Training Rm. 2, Wasilla, AK

Time: 8:45 am to 5:30 pm

Cost: \$150.00

Provided: Continental Breakfast, Lunch, Snacks

CEU: yes 7.5

Registration required: Online registration ([www.akattachment.org](http://www.akattachment.org)) (will not work with web-based accounts, g-mail, yahoo, etc), Or down load form and mail to AABA, PO Box 872188, Wasilla, AK 99687, Or call 907-376-0366 and register over the phone.

When available: scholarships for caregivers &amp; their natural supports

For more information: [laura@akattachment.org/376-0366](mailto:laura@akattachment.org)**April 23, 2011****Workshop sponsored****by: Mat-Su Health  
Foundation****Thank you for your  
support!!!**

Workshops  
Are a fun way to  
learn!

**Resources and Links**

TATTAC Bernadine Janzen, MS, LPC;  
[Tattacbsj@gmail.com](mailto:Tattacbsj@gmail.com)

Attachment Disorder Network for parents;  
[www.radzebra.org](http://www.radzebra.org)

Alaska Parent Line; 1-800-643-5437

Alaska Center for Resource Families;  
[www.acrf.org](http://www.acrf.org)

Alaska Children's Trust;  
[www.alaskachildrenstrust.org](http://www.alaskachildrenstrust.org)

Families & Professionals resources for the  
first three years of life;  
[www.threetozero.org](http://www.threetozero.org)

American Family Advocacy Center;  
[www.profane-justice.org](http://www.profane-justice.org)

For Grandparents raising grandkids;  
[grands@voaak.org](mailto:grands@voaak.org) 1-888-522-9866

RAVEN Respite Parent Support Group, sub-  
scribe at; [www.subscribe@yahoogroups.com](http://www.subscribe@yahoogroups.com)  
(To sign up for Online support group: call 907-  
357-6263 or Email: [princessbutercupp@yahoo.com](mailto:princessbutercupp@yahoo.com)) you will receive easy in-  
structions on how to get on the site.

Support group line: 907-982-0948 Crystal  
[cloncle@mtaonline.net](mailto:cloncle@mtaonline.net)  
RAVEN Respite Support Melissa Jessup;  
[zeusl@mtaonline.net](mailto:zeusl@mtaonline.net)  
[princessbutercupp@yahoo.com](mailto:princessbutercupp@yahoo.com)

Court Appointed Special Advocates;  
[www.alaskacasa.org](http://www.alaskacasa.org)

Attachment Disorder support group;  
[www.adsg.org](http://www.adsg.org)

Child Welfare Information Gateway;  
[www.childwelfare.gov](http://www.childwelfare.gov)

RAD Kid Organization; [www.radkid.org](http://www.radkid.org)  
[www.sociallearning.com](http://www.sociallearning.com).<http://www.fosterparentcollege.com/>

<http://thursdaygroup.blogspot.com>

**Visit the AABA**

**web-site**  
**for**  
**information on**  
**upcoming**  
**workshops.**

**www.akattach**  
**ment.org**

"RAVEN  
Respite Striving to make a  
Difference for families in the



**(Continued from Page 1) Raising Cain**

Instances, sent back to the family of origin.

The supports for troubled foster children have been sharply cut and the intensive care furnished by psychiatric inpatient and residential treatment centers has been all but eliminated. We have erected, in effect, a “psychiatric children’s hospital without walls” on the backs of foster and adoptive parents, agency workers, traditional school systems, and outpatient mental health professionals. Are these individuals ready for the task ahead of them? Can foster and adoptive families handle the level of disturbance found in the youngsters placed in their care? Can communities sustain children with very significant emotional and behavioral problems? Can we reach these children and end their wandering and drifting? Returning to our biblical metaphor-can we offer Cain a family once again?

**The children: Troubled Like Cain, Marked by Their Past**

A decade ago foster and adopted children were a mix of functional and dysfunctional, disturbed and undisturbed youngsters. For every troubled Cain, other was an untroubled Abel. In those days some, but not all, of those placed in foster or adoptive homes were special needs children with serious emotional and behavioral problems. In those times, many of them had been spared extreme trauma, chronic maltreatment, fetal alcohol and drug effects and/or sexual abuse. However, the placement into foster homes of essentially healthy children, from families with mild, temporary troubles, is a thing of past, seemingly as ancient as the Old Testament, as lost as the Garden of Eden. In the past there were some foster children who were tempered by the adversity they had come from. However, many of today’s foster children experience a psychological meltdown from the grave maltreatment they have endured.

There’s an old maxim, “The same fire that melts the butter, tempers the steel.” too many of our young, troubled Cain’s are melted butter. Others are hardened, but not tempered, not truly strengthened by adversity, trauma and abuse. We can tell these melted or hardened youngsters by common signs and symptoms, fourteen of which we enumerate next:\*

- |  |                      |
|--|----------------------|
| 1. Eating Disorders                    | 11. Family Phobia    |
| 2. Vengeful Expression of Anger        | 12. Lying            |
| 3. Feeling of Being a Victim           | 13. Self-parenting   |
| 4. Inability to Profit from Experience | 14. Loss sensitivity |
| 5. Stealing                            |                      |
| 6. Chaotic Behavior                    |                      |
| 7. Revolving Scapegoat Behavior        |                      |
| 8. Non-communicativeness               |                      |
| 9. Emotional Immaturity                |                      |
| 10. Sense of Entitlement               |                      |

**(Continue page 6)**

## R.T.C. Spot Light

**As one of Oregon's oldest and largest residential facilities for children with mental health problems, The Christie School's residential treatment services are nationally recognized. With the ultimate goal of returning children to their homes or less restrictive placements, our programs provide individualized therapy, skills training and care coordination based on treating the "whole" child from an informed, experienced-based perspective, integrating the family and community in the process to recovery.**



Restoring lives and strengthening families since 1859



**The Christie School**  
503-635-3416  
2507 Christie Dr.  
Marylhurst, OR 97036  
Www.christieschool.org

### A Word from our CEO/President

**"Happy Valentine's Day" and "Happy St. Patrick's Day"**

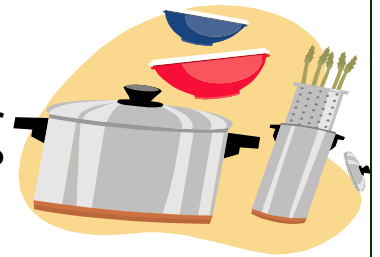
**Eleanor Oakley, MS, CEO/President**



### Pampered Chef "Pampered Chef Consultant- Karen Howes"

You may order on-line at [www.pamperedchef.biz/karenh](http://www.pamperedchef.biz/karenh) anytime or request a catalog from Karen, at 315-1425 or email request to [karenh@gci.net](mailto:karenh@gci.net).

**Call Karen to find out what the guest special is or go on line.**



**Lending Library** Located at: 619 S. Knik Goose-Bay Road, Suite J, Wasilla, AK 99654

Open: 8:00 a.m. to 4:00 p.m. - Monday though Friday

Books are listed on AABA's web-site: [www.akattachment.org](http://www.akattachment.org)

Please come in and browse, check some books out, to read at home at your leisure, then either bring them back or mail them in. If you cannot get to the lending library call and request the books you would like to read, and we will mail them to you. Please call Laura at 907-376-0366 with any questions.

***LENDING LIBRARY MADE POSSIBLE IN PART BY:***

*THE ALASKA MENTAL HEALTH TRUST AUTHORITY*

*AND MAT-SU HEALTH FOUNDATION*

**The TRUST**  
The Alaska Mental Health  
Trust Authority



**Mat-Su Health  
Foundation**

## Continued from pg 4      Raising Cain

Each fourteen markers which typify children who have come to foster care or adoption with unfortunate histories. Many disturbed youngsters will show only a few or several of the symptoms, while occasionally some children will manifest all fourteen signs, particularly if they have been maltreated chronically and have suffered multiple separations and losses in their earliest months and years of life.

**“ Raising Cain” by Richard J. Delaney, Ph. D.**  
**copyright 1998**

*Permission to print granted by the Author:*

Richard J. Delaney, Ph.D.

If you would like to own a copy, you can order copies of the entire book at [www.sociallearning.com](http://www.sociallearning.com) or by calling Laurie at 1-800-777-6636

Alaska Attachment & Bonding Associates has “Raising Cain” By Richard J. Delaney, Ph.D. in the Lending Library....This is a great book.....

Other books by Richard J Delaney, Ph.D.

Behavior with a Purpose

Troubled Transplant

The Healing Power of the Family (Audio CD)

Parent to Parent Mentoring (DVD)

Safe Passage

Long Journey Home (Audio CD)

The Permutations of Permanency (booklet)

Fostering Changes:

1 St Edition:

2nd Edition: Treating Attachment Disordered Foster Children

3rd Edition: Myth, meaning and Magic Bullets in Attachment theory





**NACAC** *North American Council on Adoptable Children* **Tax Information**

**If you adopted a foster child between 2005 and 2010 and the child receives adoption subsidy, you may be eligible for thousands of dollars in federal adoption tax credit!**

Since 2003, families who adopted a child with special needs from foster care could claim a federal adoption tax credit *even if they had no adoption expenses*. Other adoptive families are also eligible for the credit, but must document qualified adoption expenses. The tax credit became refundable for 2010 and 2011. A refundable tax credit is one you get back regardless of what you owe or paid in taxes for the year.

**Families who adopted from 2005 to 2009 may be able to benefit from the refundable credit because credits from those years can be carried forward until 2010.** (Families who adopted in 2003 and 2004

may be able to take some limited advantage of the credit but will not benefit from refundability. Families who adopted earlier will not benefit from the credit if they did not take it already.)

The amount of the credit is based on the year the adoption finalized:

2010 — \$13,170	2009 — \$12,150	2008 — \$11,650	2007 — \$11,390
2006 — \$10,960	2005 — \$10,630	2004 — \$10,390	2003 — \$10,160

The credit is paid one time *for each adopted child* with special needs.

More detailed information is available at [www.nacac.org/taxcredit/taxcredit.html](http://www.nacac.org/taxcredit/taxcredit.html).

NACAC has partnered with H&R Block to help adoptive parents determine whether they are eligible to receive additional benefits. H&R Block is offering:

1. Free Second Look Review — An H&R Block tax professional will conduct a thorough review of your prior years, checking to see if any credits or deductions were missed. You'll receive advice on what to do if you qualify for additional benefits.
2. Special pricing on filing amended returns (price will vary by office)
3. \$20 discount on 2010 tax return preparation Contact your local H&R Block office today and schedule an appointment any time between February 14 and April 30 to determine whether you qualify for this opportunity. When you meet with an H&R Block tax professional, bring: (1) all your recent tax returns starting with the year you adopted or any returns from 2005 to 2009 for which you'd like the second look; (2) your adoption decree from the court; (3) your adoption subsidy/adoption assistance agreement.

To be eligible for the credit, you must:

***Have adopted a child other than a stepchild*** —

Children who receive a monthly adoption subsidy payment have been determined by the state to have special needs, so these children are eligible for the full tax credit without documenting expenses. Families who adopted children without special needs are also eligible, but need to document expenses.

***And be within the income limits*** — How much of the credit you can claim is based on income. In 2010, families with a federal modified adjusted gross income above \$222,520 cannot claim the credit; families with incomes above \$182,520 can claim part credit. Adoptions from previous years had different income limits. You will need to prove the adoption by providing the IRS with a copy of the adoption decree. Families who adopted a child with special needs must also provide a copy of the adoption assistance agreement.



## Alaska Attachment & Bonding Associates: Workshops

### Revised Attachment Disorder 201

When: April 23, 2011

Where: 101 W. Swanson Ave. Training, Rm. 2, Wasilla, AK

Time: 8:45am to 5:30 pm Cost: \$150.00 CEU: 7.5

Provided: continental Breakfast, Lunch, Snacks

Scholarships for Caregivers & their Natural Supports (when available)

#### REGISTRATION REQUIRED

Register by Phone: 907-376-0366 Fax: 907-376-0966

online registration @ [www.akattachment.org](http://www.akattachment.org)

*(will not work with web based email addresses, such as hotmail, g-mail, yahoo)*

#### Upcoming Resource Family Training:

##### Core Training for Resource Families

**Core for Seasoned Foster Parents-** March 29 & 30, 9:00-1:00, must attend both classes (8 hrs)

**Regular Core Training-** Thurs March 31 6:00-9:00 & Sat April 2, 9:00-5:00, must attend both (11 hrs)

**Core for Relatives-** March 31 & April 1, 9:00-1:00, must attend both classes (8 hrs)

##### Adopting Through OCS -Thursday April 7, 6:00-9:00 PM

##### **Rural Teleconference Training and Support:**

Tues Mar 8th, The Process for Investigating Complaints against Foster Families,

Trainer Kim Ford, OCS noon-1:00

Wed Mar 9th, Issues in Infant and Toddler Mental Health, Trainer Aileen Mcinnis, 7:00-8:00 PM

The monthly Rural Teleconference is designed for anyone living outside of Anchorage, Fairbanks, Juneau, Wasilla or Palmer although we allow others to participate. Families may participate by dialing 1-888-626-7441 and when asked enter the code: 9939775#. If you phone in before the group leader you will hear music, please stay on the line. For more information contact [bwoodin@nwresource.org](mailto:bwoodin@nwresource.org) or call our toll-free number 1-800-478-7307.

## "R.A.V.E.N. Respite Project"

If you would like to participate in the upcoming RAVEN Respite project and the parent support group for respite. Please e-mail [laura@akattachment.org](mailto:laura@akattachment.org) or call 907-376-0366.





**Continued from page 7 Tax information****If You Adopted in 2010**

To claim the credit, you complete IRS Form 8839 with your IRS Form 1040. On line 5 of 8839, which asks for qualified adoption expenses, enter \$13,170 as long as your child receives adoption assistance. Others should enter their qualified adoption expenses.

**If You Adopted between 2005 and 2009 and Claimed the Credit the Year You Finalized**

If you finalized in 2005 or later, claimed the credit that year, and carried forward the adoption tax credit on each year's returns, just carry forward the remaining amount of the credit from your 2009 return to 2010. You can claim the full amount remaining as a credit on your 2010 return. If you claimed the credit the year you finalized, but didn't carry it forward to subsequent years' tax forms, you'll need to amend returns for those years.

**If You Adopted between 2007 and 2009 and Didn't Claim the Credit**

You must file for the adoption tax credit in the year you finalized the adoption, so you need to amend your tax return for the year the adoption was finalized and any subsequent years, carrying forward the amount of the adoption tax credit that you are not able to use each year. Any part of the credit not paid before 2010 can be used fully with the 2010 return.

**If You Adopted in 2005 and 2006 and Didn't Claim the Credit**

Adoptions finalized in 2005 or 2006 are more complicated because the IRS allows people to amend returns to claim a credit only for the past three years. The IRS has written, though, that these older credits can be accessed ([www.nacac.org/policy/irsletter.pdf](http://www.nacac.org/policy/irsletter.pdf)). If you adopted in 2005 or 2006, you should amend your returns starting the year you finalized. Because it's longer than three years ago, you cannot be paid a refund for the credit in 2005 or 2006. You must still complete the 2005 and/or 2006 return as if you are getting a refund for the credit used, but any credit that could have been refunded in these years will be lost. When you amend your 2007 taxes and forward, you can use any credit due that year. Whatever amount remains after you do your 2009 taxes can be carried over and refunded in 2010. Please note that the IRS may reject your amendment but we encourage you to appeal. A taxpayer advocate may be helpful in the appeal. If you didn't file in 2005 or 2006 and had sufficient tax liability in 2005 and 2006 to use up the whole credit, you will not benefit. You need to have some credit carried forward to 2007 to get a payment.

For more information, visit [www.nacac.org/taxcredit/taxcredit.html](http://www.nacac.org/taxcredit/taxcredit.html), e-mail [taxcredit@nacac.org](mailto:taxcredit@nacac.org), or call 800-470-6665.

NACAC is not a tax professional organization and this should information not be considered to be legal or tax advice.

NACAC was instrumental in passage of the law that made the full tax credit available to families who adopt from foster care without documenting expenses. We need your support to continue similar advocacy efforts and to enable us to share information about the credit with other families. Please become a member of NACAC or make a donation at [www.nacac.org](http://www.nacac.org).

North American Council on Adoptable Children • 970 Raymond Avenue, Suite 106, St. Paul, MN 55114

**"Bingo Mania" supports "non-profits" by using their gaming permits.**

**(Non-profits are Alaska Attachment & Bonding Associates & Wasilla Senior Center)**

**Closed: Monday; Tuesday and Wednesday:**

**Opened: Thursday: one session starts @ 6:30 p.m.**

**Friday: two sessions starting @ 6:30 & 10:30**

**Saturday: two sessions starting @ 6:30 & 10:30**

**Sunday: one session starting @ 6:30**

**6445 E. Blue Lupine Drive Wasilla, Alaska 99654,**

**Phone: 907-376-4816**

**(Located on Parks next to Alaska Sales and Service).**



## Alaska Attachment & Bonding Associates

City Center Business Park  
619 S. Knik Goose-Bay Road, Ste J  
Wasilla, AK 99654

Phone: 907-376-0366

Fax: 907-376-0966

E-mail: [laura@akattachment.org](mailto:laura@akattachment.org)



AABA

Web Site

[www.akattachment.org](http://www.akattachment.org)

### About Alaska Attachment & Bonding Associates

AABA is a non-profit organization that provides education, training, support and advocacy for kinship, adoptive and foster families who care for children with emotional disorders, such as Reactive Attachment Disorder (RAD), and professionals who work with this population of children.

AABA's area of Focus: **PREVENTION** of abuse/neglect

**PLACEMENT** information

**TRAINING** in Attachment

**COMMUNITY** Resource information

### WHAT drives AABA?

AABA is passionate about traumatized children.

AABA has first hand experience with Attachment Disorder children and knows the special care and treatment needed to help these children learn love and trust.

Left untreated, children with Attachment Disorder and other emotional disorders are often times shipped to out-of-state Residential Treatment Centers (RTC's), and are likely to become emotionally disturbed adults, unemployable, likely to be involved in drugs, alcohol or other illegal activities.

Attachment Disorder children place a huge impact in dollars, stress, crime, and livability in the Mat-Su Borough and throughout Alaska.

### WHY should you care?

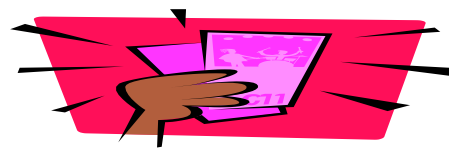
Because this is a preventable disorder and will take the community working together! AND, "**BECAUSE THIS IS YOUR HOME!**"



The Bingo Mania is a light yellow building away from all the hustle and bustle of the bowling alley. A much more pleasant and serene atmosphere. There is a Bingo Mania Deli for all the hungry Bingo people. Bring a friend and help celebrate this new kind of Bingo establishment. Bingo Mania is located at 6445 e. Blue Lupine Dr. Wasilla. 907-376-4816, On the frontage Rd by Alaska Sales & Service.



## NEW PULL TAB STORE!!!!



## “PULL TABS MANIA”

Mile 49 Parks Hwy

Meadow Lakes

Opened 11:00am to 9:00pm

(helping the non-profits)